

SOUTHWEST EAR, NOSE & THROAT

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INSTRUCTIONS FOR VNG

The VNG (videonystagmography) is a group of three sub-tests looking at the balance functions of the inner ear and brain which may provide information about the source of your dizziness or unsteadiness. These sub-tests include following objects on a screen, sitting and lying in different positions, and having a stream of warm and cold air blown into the ears. Your eye movements are recorded throughout the testing using a set of goggles with small infrared cameras in them. We schedule 1 hour for the test. Many people experience some dizziness during the test. The dizziness usually does not last long, resolving within a short period of time. However, it is **strongly recommended** that a friend or relative drive you home following the test.

48 Hours Prior to Testing:

- 1. IMPORTANT INFORMATION:** Accurate inner ear function testing requires any medications that act on your central nervous system or that suppress your inner ear function to be **stopped a full 48 hours prior to the testing appointment.** This would include **any** medications you take for dizziness, including Antivert, Meclizine, Valium, Dramamine, or Scopalamine patches. If you forget and take any of the above medications in the 48 hours prior to your testing appointment, **we will be unable to perform your test and we will need to re-schedule your appointment in order to obtain reliable results.**
- 2. Other CNS acting medications that need to be stopped 48 hours prior to your appointment** would include but are not limited to: Anti-depressants (Zoloft, Prozac, Wellbutrin), sleeping pills, tranquilizers, anti-anxiety medications, sedatives, prescription pain killers that contain narcotics (Tylenol #3, etc.), or any cold or allergy medication that makes you sleepy (Benadryl, Nyquil, etc.). **However, some medications should not be stopped abruptly. Please check with your pharmacist or the physician who wrote the prescription with any questions or concerns regarding stopping these medications. *If your physician does not want you to stop any of the medications mentioned in this paragraph, please let our office know prior to your appointment.***
- 3. IMPORTANT INFORMATION: CONTINUE THESE TYPES OF MEDICATIONS:** Continue anything you take for heart or kidney problems, high blood pressure, circulatory disorders, blood thinners, breathing disorders, diabetes, cancer, arthritis (non-narcotics), seizures, or hormone imbalance. You may also continue vitamins, steroids, antibiotics, and water pills (diuretics). You may also take over-the-counter painkillers such as Tylenol, Advil, Ibuprofen, Aspirin, and Acetaminophen, etc.
- 4.** Refrain from caffeine and alcohol consumption. We ask that you try **not to eat** and keep liquids to a minimum approximately **two hours prior** to the test. Part of the test may make you briefly dizzy and may cause nausea. If you are diabetic, do **NOT** alter your current diet or diabetic medication regimen.
- 5.** Please **DO NOT** apply any eye make-up before testing. The cameras used will not focus if you do.
- 6.** Please **DO NOT** wear contact lenses, as testing requires measurement of eye movements and contact lenses interfere with accurate readings.